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May 28-June 10, 2020

“The nature of impending fatherhood is that you are doing something that you’re unqualified to do, and then you become qualified while doing it.” –John Green



LIKE FATHER, LIKE SON (OR DAUGHTER)

It's contest time and we're looking to honor a father and son (or father and daughter). Do they look alike? Act alike? Have the same mannerisms? The same laugh? Maybe they have the same hitch in their step. Do they work together or love the same hobbies? Whatever it is, we want to know about it. Submit your photos or even videos and let our panel decide who makes the most dynamic duo. Winners will be chosen and their photos will be published in an upcoming issue. Dad will also win a great prize provided by The Electric City News. So email us your photos or videos to: ElectricCityNews@gmail.com. May the best duo win.



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BETTER SAFE THAN SORRY?

BY TREY BURNS

Some are already offended at the question mark. How can I possibly speak against safety? I must be some uneducated, aggressive male stereotype. Aggressive? Probably. Uneducated? Only if I aim for safety every time. If it's our experiences that most educate us (how many job interviews have asked us our GPA?), is it truly better to be safe than sorry?

"Better safe than sorry" implies "sorry is worse than safe". So we must ask, "Is it bad to be sorry?" If we think about moments in our lives that have marked us, moments that are etched into our memory for a lifetime, are not some of those most powerful moments when an apology was given or received? These are our most vulnerable moments, times when we feel most connected to ourselves and each other, and yet we're saying it's better to be safe?

Maybe what we're subconsciously saying is, "Better safe than getting hurt". We've certainly all been hurt, whether it be physically or emotionally, and the natural inclination is to guard ourselves against it happening again. When we see others possibly heading towards the same hurt, we feel compelled to stop them. Protecting loved ones from experiencing similar hurt can be protecting, but it can also be sheltering. Some things we have to learn on our own.

Safety should certainly be a value. I am not suggesting recklessness. But putting safety as the ultimate value often eliminates risk, and risk is required to learn and grow.



If Christopher Columbus did not risk falling off the end of the earth and the safety of his crew, we would not have America. If Mother Teresa did not leave her family to move to India, we would not have her 610 missions in 123 different countries. If Martin Luther King Jr. did not risk prison and death, we would not have Civil Rights. The list of examples is endless. Those we most admire

understand the risk and do it anyway. We do not admire them for living "better safe than sorry".

The men and women of renown are not birthed in safe spaces. No, quite the opposite is true. Men and women of renown are birthed in risk spaces. They have the freedom to fail, freedom to apologize, and freedom to try it again. Sorry, but better isn't safe.

Local manufacturer receives National Parenting Center Seal of Approval



Anderson — Roylco's Theo the Therapy Dog and Tubes and Connectors were selected as recipients of the prestigious Seal of Approval from The National Parenting Center. The award recognizes the finest products and services being marketed to parents and their children.

Roylco's Tubes and Connectors, manufactured here in Roylco's Anderson, South Carolina factory, was recognized in the category of Building and Construction Toys. According to the Seal of Approval review, "This product falls squarely in the category of STEM learning with a hands-on engineering experience and approach that truly engages children."

Theo the Therapy Dog is a life-sized plush dog that has been thoughtfully developed as a comforting companion for children with anxiety or sensory needs. "What a creative, ingenious way to give your child a sense of security..." says the National Parenting Center website.

About Roylco, Inc.: Roylco is a leading innovator and manufacturer of unique early learning products for the classroom and home. For over 50 years, Roylco has developed educational products and toys from its manufacturing facilities in Anderson, SC and Waterloo, Ontario in Canada.

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TO SEND INFORMATION

Please make sure photos include the date taken, location and names of people in the photos. If photos are submitted via email, make sure they are a minimum of 300 dpi and saved as a JPEG file. If photos are mailed, we cannot guarantee the photo will be returned. The editor of The Electric City News will make your article/story grammatically correct without altering its content. The publishers of The Electric City News reserve the right to withhold inappropriate content or photos.



A Thank-You Letter to Our Community



At Countybank, serving others is at the heart of who we are. Born during the financial strife and struggle of the Great Depression in 1933, our organization was founded by a group of business leaders in the Upstate who wanted to ensure there was a trusted, dependable bank available to serve the needs of the community during a time when many banks were closing their doors.

Today, our vision and mission remain the same. Our vision is simple: **To Serve *YOU!*** And our mission—the reason our associates report to work each day—is **To Serve Our Clients, Our Communities, and One Another.** On behalf of the entire Countybank family, I want to thank our Upstate community for allowing us to serve you during the COVID-19 pandemic.

In the business of banking, sometimes we think we've seen everything: deregulation, sky-high interest rates, economic expansion, a Great Recession—the list goes on and on. But in our lifetime we've never faced a global pandemic like COVID-19, one that has proven to affect every aspect of our lives. And I am most proud in times like these to serve in this essential industry, where at Countybank we can demonstrate one of our core values: **Putting People First.**

Early in the year, Countybank began monitoring the coronavirus outbreak in China. Our associates demonstrated leadership by implementing a swift, measured response to the spread of COVID-19, and as the situation continued to escalate, they worked diligently to ensure the continuity of our services for our customers and our community. Our associates began calling our customers to determine how the pandemic was financially impacting them. Why? **Because serving others is at the heart of who we are, and at Countybank we believe Putting People First really matters.** We talked with our small business customers to advise them of the upcoming Paycheck Protection Program (PPP loan) before it was introduced by the SBA. We also quickly transitioned to drive-thru only operations, extended our customer service call center hours, and released a mobile wallet option to provide our customers a safe, contactless method of payment.

Of course, service is no new endeavor for our organization. Since 2015 alone, Countybank has given more than \$1 million to the communities we serve, and our associates have consistently stepped up to volunteer countless hours with schools, community events, and charitable organizations in the Upstate. From our time to our talents to our resources, every step of the way we take our vision—**Serving *YOU!***—very seriously.

Most recently, Countybank was honored to serve the community by participating in the Small Business Administration's PPP loans. As an SBA Preferred Lender, our experienced staff dedicated themselves to this loan program from day one, working around the clock to ensure that our small business customers quickly received much-needed funding. The result? Countybank has processed more than 600 PPP loans for over \$60 million in funding for businesses in the Upstate. Many banks chose not to participate in the PPP loans, were slow to get started, or they limited the businesses for which they would process loan applications. Our employees quickly recognized the critical need for these PPP loans, and Countybank processed loans as small as \$750 for small businesses in need. We trust that the work we are doing is just one important step to ensuring small businesses in our Upstate communities land on their feet when we get on the other side of COVID-19.

Please know that Countybank is here for the members of this community, whatever your financial needs may be. As a local, community bank, we are **Putting People First**, standing shoulder to shoulder with you as we navigate these uncertain times.

Thank you for allowing us **To Serve *YOU!***

R. Thornwell Dunlap III
President & CEO, Countybank

Visit ecountybank.com to read more about what Countybank is doing to support its customers, community, and associates during the COVID-19 pandemic.

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Working on the chain gang

BY RICH OTTER

From at least the early 1900s through the 1940s it was a common practice for prisoners to be organized into chain gangs to do construction on roads, bridges and public buildings. From time to time they were hired out to private individuals on farms. It was a common practice, particularly in the South, in order to keep the prisoners occupied and help compensate for the cost of their maintenance.

As a youngster John Gates spent time with Anderson County Captain John Sherard who was in charge of chain gang operations. Sherard rode a horse and acquired a pony so young John could accompany him. Gates described how the prisoners while working on jobs lived in steel cage wagons that were taken to job sites.

One such mobile cage is on exhibit behind

the Pickens County Museum. It was pulled by 4 to 6 mules, was 20 feet long, 7 feet wide and could accommodate 18 prisoners. A metal barrel in the center of the floor would be used for fires. The men traveled and slept in the unit.

Gates described how the men wore chains all of the time and sometimes the trusties, the ones who could be trusted and were usually the cooks, would dam up a creek before lunch time where the prisoners could go in the water to cool off. Gates would go in with them. A Pickens Museum sign described a normal meal as including bacon, cabbage and cornbread.

John Gates said the prisoners were racially segregated and when the mobile cages were retired the black prisoners lived in what was known as Camp One that was where the county farm was later located and the white prisoners were at Camp Two where the Civic Center was constructed. He credited County Supervisor John Tom Ashley and the prisoners for having contributed greatly to the county infrastructure. (He also mentioned how he had enjoyed meals at Camp 1.)

In 1939 Ruby Lomax, a collector of folk music, wrote South Carolina Governor Burnet R. Maybank and complained of the treatment of a chain gang group in Anderson County near Clemson College. She said she had never encountered inhumane treatment of prisoners, including those on chain gangs, until in Anderson. Describing the treatment, she said on a Sunday she "saw a hun-



Chain gang mobile home

dred negroes resting in their quarters [a tent], all fastened together on a single long chain, so that when a small group agreed to sing for me, the entire bunch had to move out of the tent and stand in the open." She continued, "I do not know of a special reason that make it necessary for these men to be chained together on their rest day."

Ms. Lomax concluded with the following: "I wish to add that I was most courteously received by the guards at the Anderson County Prison Camp, and I was touched by the cheerful acceptance of their hard fate shown by these black boys as they slowly dragged themselves about with their legs manacled to that long chain."

Jim Gray Watson related a story he heard from a black man who had observed him trying to plant some grass on a hot day and stopped to tell him he was wasting his time. When the man found out his father was Wade Watson he told Jim Gray he had been a prisoner on a chain gang that was assigned to work on his father's farm digging a trench.

He said Wade Watson came walking across the field carrying 100 pound sacks under each arm. He told the men they weren't working. "Let me show you how to work." He said Wade Watson took off his shirt. "I am going to tell you, out in the sunlight with a white man with bald head and a body full covered with sweat he looked like something out of the future." He continued: "He was throwing dirt out of that thing like you would not believe. 'Now that is the way I want it done' he said. You guys get down here with me. I am going to tell you, boy, your daddy liked to have killed us." An unusual source of admiration. Interestingly, even stopping to help Jim Gray may reflect at least one former prisoner's rehabilitation from, if not due to, a chain gang experience.

Credit is often given to the Civilian Conservation Corp and other government agencies for works during the Great Depression still enjoyed by the public, but little thought is given or even realized as to what chain gangs accomplished.

CHAIN GANG SONG

The lyrics recorded by Ruby Lomax at the Anderson County Convict Camp near Sandy Springs as reproduced by Southern Music Network.

And if I get drunk in your city, ole woman
And stumble and fall down at your door
Don't run your hand in my pocket, ole woman
And take all my silver and gold
I ain't been there but I been told
Ain't no heaven on the county road
She'll take a stranger on her knee, and she'll tell
him things that she won't tell me
And if I get killed in Arkansas-saw-saw
Won't you send my body to my mother-in-law

Diva Regatta & Island Party set to benefit Safe Harbor

On June 6, 2020, Western Carolina Sailing Club will host the 9th Annual Diva Regatta & Island Party benefiting Safe Harbor. Over the last 8 years, this event has raised more than \$60,500 for Safe Harbor, and we hope to blow our fundraising goal out of the water again this year!

The Diva Regatta includes a Distance Course (Pursuit Start) open to all boats with 2 fleets; one requiring a female at the helm and the other requiring a female participating on board. We round out the evening with the Island Party, featuring raffles and a silent auction, delicious appetizers, dinner and drinks, live music and a sailing awards ceremony.

The Diva Regatta & Island



Party is a great event supporting an even greater cause, Safe Harbor. Safe Harbor is a private 501(c)3

non-profit organization that offers a continuum of services for survivors of domestic violence and their

children in Greenville, Anderson, Pickens and Oconee Counties. Services include a 24/7 help line,

safe emergency shelters, counseling for survivors and their children, advocacy, transitional housing, domestic violence education classes, parenting classes, and group support.

If you have questions about the event or are interested in sponsoring, please contact our Diva Regatta & Island Party Chair, Dacia Schrengost.

*In the midst of COVID-19, this event is closed to the public. However, community members can still get involved! Check out our raffle for an EZ-GO Golf Cart, a Pair of Round Trip Southwest Tickets and a RYOBI Self-Propelled Mower. Or, consider making a donation to Safe Harbor. Thank you!

THE GARDEN SHOP

DON'TS FOR GARDENERS



**SUSAN
TEMPLE**
master
gardener

There often are too many rules of do's and don'ts in life. When it comes to gardening, some are important, some are not, and some are only a matter of preference. On a gardening trip to London in 2012, we visited Wisley, home of The Royal Horticultural Society. RHS is the UK's leading gardening charity. They sponsor many flower shows including Chelsea Flower Show. My souvenir from the oh so tempting gift shop was a little pocket sized book titled Don'ts for Gardeners. It is a light hearted book with quotes on all sorts of things we don't need to do or worry about

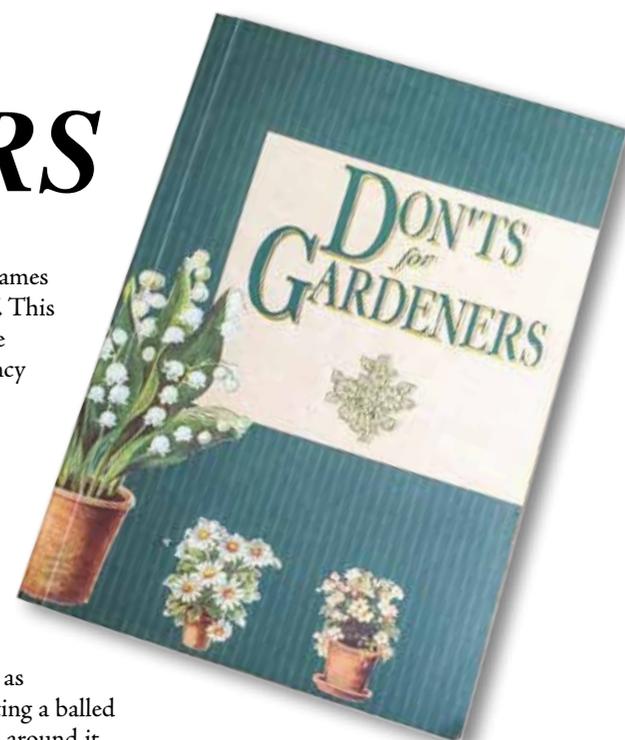
in our gardens. Some of the quotes really hit home for me. I often think about what I am going to do with my place if I live long enough that I can't tend it. But I'm not going to let that stop me now from planting more. One quote talked about cultivating a few things well, not a lot badly. I plant new things when I haven't taken care of what I've already got. Last year I visited a very fancy home and garden in Greenville with a gardening staff and obvious big budget. The garden was a moderate size I suppose, not huge, but not small by no means. They had every single plant labeled with labels like botanical gardens use. I try to keep my trees and shrubs labeled with name and date planted. This is hit or miss. Deer crunch the metal tags, they get lost down in the plants, mysteriously disappear, etc. A quote in Don'ts for Gardeners made me feel much better about my difficulty labeling plants. "Don't make your garden like a ceme-

tery. Label discreetly, hiding the names of your plants under their foliage". This quote popped into my mind while looking at all the labels in that fancy garden.

However, there are some important do's and don'ts. A house I pass most every day just planted five huge, balled and burlapped trees. Don't plant a tree in May. Trees should be planted in the fall and winter, October to January is ideal. Do dig a hole three times as big as the pot, or root ball if planting a balled and burlapped tree. Do put a well around it to hold water. Clemson Extension will say it takes a tree at least six months per inch diameter of trunk to establish. A plant will not start growing until it is established. Bigger is not always better when it comes to plants, especially trees. A small tree will establish faster and often end up passing a larger newly planted tree. It took machinery to plant these trees and if we have a summer like last, it will be almost impossible to keep them watered. A

never, ever don't for trees is put mulch up against the trunk. Volcano mulch is a horrible new trend in gardening. Ingles on Main Street is the champion of mulch done wrong.

My personal don't for gardening is don't overthink it. Don't get tangled up in symmetry. Something is going to die. One plant will grow faster than the other. Don't expect gardening to be an exact science.



Rare birds in Anderson

BY ANN BAILES

One Saturday morning when out and about, Mike and I rode to the old Green Pond landing on Lake Hartwell, just to see if anything interesting was out there. In the midst of about twenty Canada geese was a slightly smaller white goose, which I assumed was either domestic or was a snow goose — an uncommon find. But while studying its features with binoculars, I realized that it was different than a snow goose — slightly smaller, with a different bill and head shape. "I think this is a Ross's goose," I said after studying the field guide, "but according to the map they're not supposed to be in this area."

"Ann," Mike said, in that patient but maddening tone men sometimes use when talking to their wives, "Birds are wild. They go where they want to go. They don't read the range maps." Well, his logic, also maddening even if it made sense, was exactly correct. So I added Ross's Goose to my eBird report, and as expected, it flagged as a rare bird for our area.

Since the advent of the internet, finding rare birds has become much easier. Notable bird observations in the Carolinas can be found each day by accessing carolinabirdclub.org/sightings/. This website flags the unusual birds that observers have included on lists uploaded to the site eBird.org. Last December, I checked the list one morning and found that a white pelican had been spotted the day before at the pond in Chris Taylor Memorial Park. White pelicans, unlike the common brown ones found at our beaches, usually occur much farther west of here. I drove quickly to the park in hopes of



Snow goose

getting a glimpse of it. By that time, however, it had gone on its merry wild way.

The Townville area, with its extensive fields bordered by thick scrubby woods, is sometimes home to rare birds. Several years ago a short-eared owl wintered there. Word spread, and many evenings people showed up to watch this beautiful but far out of range owl that flew out of the nearby woods like clockwork at dusk each evening. Also, shorebirds that ought to be closer to the coast, such as a pair of black-necked stilts, occasionally stop by the ponds that dot the area. Sometimes these rarities stay a few days, affording more people the opportunity to see them.

One draw that makes birding interesting is that no one can predict what might be passing through. While most observations will be of birds that belong here, I've learned to be cautiously aware of the possibility of spotting that occasional rare bird. And I've also accepted that "Birds are wild. They go where they want to go. They don't read the range maps." True, yes. But still maddening.

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YOUR DENTIST CAN SAVE YOUR LIFE

Sleep is vital to your health — part 2

As we discussed in our last feature, to fight off infections, including coronavirus, our bodies need adequate sleep. When you are unable to get enough quality sleep you are more likely to get sick.

Lack of sleep also increases your risk of obesity, diabetes, and heart disease. These are underlying health conditions that are dire indeed should you contract coronavirus.

There is more. Persons with breathing problems during sleep, i.e. sleep apnea and Chronic Obstructive Pulmonary Disease (COPD), can have low blood-oxygen levels. Normal is 94%-98%. Not breathing while you sleep for as little as 30 seconds can cause your oxygen level to drop to 80% — or less! Because sleep — like diet and exercise — is essential for staying healthy, I have incorporated sleep solutions into our dental practice. We offer proven solutions that can help those suffering with sleep issues

including Sleep Apnea. This is one of the most common sleep disorders in adults 50 years of age and older, although anyone at any age can suffer from it. It occurs when muscles relax during sleep allowing the soft tissue to collapse and block the airway causing you to stop breathing — up to hundreds of times a night.



Dr. Gabrielle F. Cannick

In addition, our practice has a special focus on oral appliance therapy — an effective, non-invasive treatment option for snoring and sleep apnea that fits easily into your lifestyle. A dental oral appliance is a custom-fitted oral appliance using impressions and models of your teeth. It looks

like a sports mouth guard and is worn only during sleep. It supports the jaw in a forward position to help maintain an open upper airway, preventing sleep apnea and snoring.

The really good news is our sleep patients tend to like these custom designed and advanced oral appliances. They are comfortable, easy to wear, quiet, portable, convenient for travel and easy to clean. I am thrilled to say oral appliance therapy can help you feel like a new person! If you think you have sleep issues, I invite you to log on to our web site at sleepwellanderson.com and take a short quiz to help you determine if you are at risk. While there you can also request a free “sleep consultation.” Together we can identify and evaluate your issues and discuss your best options. In addition, if having a sleep study done in a “Sleep Lab” is not medically necessary, we offer a unique no-cost At-Home Sleep Test. Our practice adheres to practice protocols consistent with the highest levels of patient care following guidelines outlined by the American Academy of Sleep Medicine’s (AASM); we work closely with primary care physicians who recognize the importance of diagnosing and treating this ill-

ness. Your health matters. If you have questions, please feel free to contact us — and of course your primary care providers and other medical specialists involved in your care. We are here to help you and your family. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

They call her ‘Fancy Nancy’

“Bonjour!” “Ohhhh la la!” “Au revior!”...these are just a few of Nancy Clancy’s favorite French words. Nancy Clancy is a character in the infamous “Fancy Nancy” book series. As you read her books, you will see that she is a funny, outgoing, and friendly young lady who loves nothing more than to make herself and everyone, and every-



Katie Laughridge

thing around her, fancy! Nancy, Bree, her little sister, Jojo, and her poodle, Frenchy, enjoy going on adventures together and seeing what kind of mischief they can get themselves into!

In “Fancy Nancy: The Wedding of the Century,” no one is more excited than Nancy when word of her uncle’s wedding plans spreads

around town. Nancy has visions of a très magnifique wedding fit for a royal princess- with Nancy, of course, serving as a flower girl. But when Nancy finds out that the wedding will be held at a lakeside cabin at dawn, and that there won’t be a traditional flower girl, she’s beyond disappointed. In the end, Nancy finds a way to add a touch of “fancy” to the festivities and appreciate the special joys of loved ones gathering to celebrate a wedding- especially when she learns that pancakes will be served at the reception!

In “Fancy Nancy: Mermaid Ballet,” Fancy Nancy is more than ready for the spotlight! Fancy Nancy and her best friend, Bree, couldn’t be more excited about their upcoming dance show. After all, it’s all about mermaids, and who knows more about how to be a fancy, glamorous mermaid bet-

ter than Fancy Nancy herself? But when another ballerina wins the coveted role of the mermaid, Nancy is stuck playing a dreary, dull tree. In this story, you’ll find out if Nancy can bring fancy flair to her role, even though it isn’t the one she really wanted.

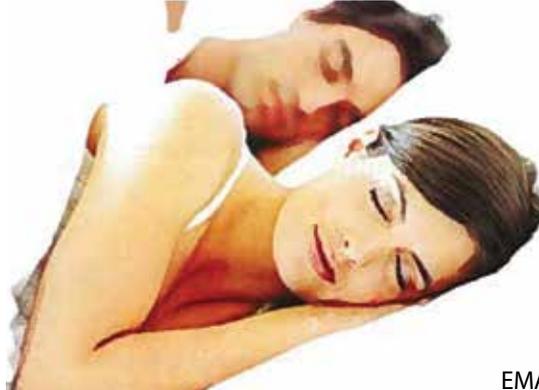
The “Fancy Nancy” book series has become a family favorite in our home. I enjoy reading these entertaining stories with my girls because they are funny, introduce new “fancy” words to expand their vocabulary, and they teach valuable life lessons they can apply to their own lives. Additionally, Fancy Nancy’s wisdom and creativity shine through to spark the joy of imagination in young readers. And there’s nothing I love more than to see my girls using their imaginations!

From the dazzling New York Times bestselling duo Jane O’Connor and Robin Preiss Glasser, you can’t go wrong by choosing these books to read with your young reader.

Ooh la la! Did you know that Fancy Nancy is starring in her own fabulous TV show on Disney Junior? Check out the books below to see where it all started!

- Fancy Nancy*
- Fancy Nancy and the Posh Puppy*
- Fancy Nancy: Bonjour, Butterfly*
- Fancy Nancy: Splendiferous Christmas*
- Fancy Nancy and the Fabulous Fashion Boutique*
- Fancy Nancy and the Mermaid Ballet*
- Fancy Nancy: Fanciest Doll in the Universe*
- Fancy Nancy and the Wedding of the Century*
- Fancy Nancy 10th Anniversary Edition*
- Fancy Nancy: Saturday Night Sleepover*
- Fancy Nancy: Oodles of Kittens*

“The day you were born, the world had to make room for a little more fancy!” —Fancy Nancy



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How to prepare for a secure financial future

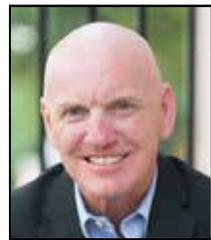
Part 1: The power of 'living benefits'

Ask Fred

According to recent data published by the CDC, an average American has a life expectancy of about 79 years, compared to only 68 years for individuals living in 1950. As modern medicine continues to discover life-savings drugs and procedures designed to treat chronic conditions, such as diabetes, heart conditions, stroke and cognitive decline, future Americans can expect to enjoy life well into their 80's, 90's and even longer. Although this is great news for some, for many aging Americans living with chronic health conditions and insufficient funds to cover escalating medical costs, the quality of life in later years could be less than desirable. In a 2011 study conducted by Debt.org, it was found that, even with assistance from Medicare, the average 65-year-old couple faces \$275,000 in medical bills during their retirement years.

The good news is, there are affordable and

effective avenues that can provide financial protection for future unanticipated crises. Two increasingly popular options include:
Term Life insurance with Living Benefit rider



Fred Reid, R.Ph.
Senior Insurance Advisor

Index Universal Life insurance with Living Benefits rider

Historically, life insurance policies have been purchased to cover burial expenses, existing bills left to the estate and to provide funds for loved ones left behind. While meeting these primary needs is still important, many life insurance

companies now offer policies that allow an individual to secure funds for "qualified" health conditions prior to their death. This add-on option, referred to as a "Living Benefits" rider, allows the policy holder to "accelerate" a portion of the "death benefit" based on the diag-

nosis of a qualifying illness. In other words, if an individual is diagnosed with a chronic, critical or terminal illness (as defined by the policy), all or part of the existing "death benefit" may be paid out to the policy holder early to help pay for medical bills, operations, travel, living expenses, education costs, a vacation or for any other reason deemed important by the individual.

The definition of Living Benefits is similar but may differ slightly between carriers and different states.

Critical illness rider:

To qualify for accelerated benefits based on this rider, the policy holder must have a "qualifying" critical illness, which commonly include:

- Heart Attack
- Stroke
- Invasive Cancer
- End-Stage Renal Failure
- Major Organ Transplant

Chronic illness rider:

The policy holder can qualify for accelerat-

ed death benefit funds under this rider if they are unable to perform 2 out of the 6 activities of daily living for a period of over 90 days. These activities include bathing, continence, dressing, eating toileting and transferring.

Terminal illness rider:

Accelerated the death benefit funds (up to 100%) is available if a certified member of the medical profession reasonably believes that the individual will die within the next 12 to 24 months.

Part 3 of this series will further explore how term insurance can be combined with "Living Benefits" to help provide for a secure financial future.

Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your health-care needs. I am happy to meet with you in your home at your convenience. Also, please connect with me on Facebook (search for "Fred Reid-senior insurance advisor").



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Kindness comes in many colors

BY JOSEPHINE MCMULLEN

AnMed Health Radiology receptionist Frances Stidham knew that the simple, basic medical face mask is one of the most important elements of any health care worker's personal protective equipment (PPE) because it protects the wearer from breathing in airborne pathogens. And never has the use of medical face masks been more important than during the COVID-19 pandemic when health care workers must wear masks throughout their shifts.

Furthermore, Stidham, like all experienced health care workers, knew that after six or eight hours, those elastic bands that snugly wrap around the ears, start to pull and rub the skin to the point that friction lesions can form, causing profound discomfort.

But even more importantly, such friction lesions make health care workers more vulnerable to Coronavirus infections, according to a report by Wound Management & Prevention.

"Prolonged use of [health care workers'] protective face masks [can] facilitate penetration of Coronavirus and other pathogens into the blood circulation directly," according to the report.

That's why when Stidham saw instructions on how to make ear savers on a Facebook crocheting group page, she felt compelled to act.

"I knew wearing the procedure masks can be painful. And if I, crocheting ear savers, could help my co-workers not experience pain, then that's just something I had to do," Stidham said. "I really appreciate what the health care workers at AnMed Health are doing. I want to contribute to the work they're doing any way I can."

Stidham started crocheting when she was 9 or 10 years old. Her mother taught her, and they used to crochet projects together. Many years later, she still enjoys crocheting and finds



A close-up of AnMed Health Radiology receptionist Frances Stidham's ear savers.

it relaxing, she said.

She estimated that in the past few weeks, she's made between 100 and 150 ear savers in a variety of colors, which she's distributed to co-workers throughout AnMed Health and even to strangers she's encountered in downtown Anderson.

People have tried to give her money for the ear savers, but she's adamant about not accepting money.

"I feel like this is a way I can help people. I'm not doing it for the money. I want to do something to help people," Stidham said.

Kim Stevens, AnMed Health's radiology manager and Stidham's supervisor, was very impressed by Stidham's kindness.

"Frances' ear savers are much more comfortable for the staff. She's been giving them



Frances Stidham and her family.

away to everyone she sees, and she won't accept any money," Stevens said. "She is a very giving and compassionate person. Her selfless-

ness and enthusiasm are greatly appreciated by all of the radiology staff members. She is making a difference in our department."



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Anderson University to support K12 administrators, teachers amid pandemic

The Anderson University Center for Innovation and Digital Learning (CIDL) is providing professional learning experiences for K12 educators and administrators across the country during the COVID-19 pandemic.

Two self-paced, certificate programs are launching today – “Fundamentals of Remote Teaching and Learning” and “Supporting Remote Teachers.”

These certificate courses are designed to support teachers and schools that were required to immediately move to remote teaching and learning because of the COVID-19 pandemic. The two certificate courses provide K12 educators with relevant, timely strategies and techniques that can be immediately applied to support or administer teaching and learning in this challenging time.

“Developing these certificate courses embodies Anderson’s commitment to servant leadership and its place as leading as leading innovator in teaching and learning,” said Dr. Joshua Herron, dean of online and continuous learning. “As a

three-time Apple Distinguished School, we wanted to share our expertise and experience with the K12 community. We want our K12 educators to be able to successfully support students, parents, and fellow educators during this time.”

These are open-enrollment, self-paced courses available to individual teachers. Schools or districts interested in enrolling several of their educators or those interested in developing a custom experience can partner directly with the CIDL based on their needs and context.

“We are thankful we have the opportunity and resources to develop these certificate programs for K12 educators,” said Dr. Benjamin Deaton, vice president of digital learning and innovation. “Anderson University is fully committed to supporting educators and sharing its expertise to help support all the students impacted during this time. Developing these certificate programs reflects the tremendous value and importance Anderson University, the Center for Innovation and Digital Learning and the

faculty in our Instructional Design and Learning Technology program hold for our K12 community.”

The “Fundamentals of Remote Teaching and Learning” certification course will help teachers explore the importance of community as well as content in a remote learning environment. Teachers will develop a resiliency plan that accounts for engagement, assessment, and feedback.

In the Supporting Remote Teachers certification course, instructional coaches, assistant principals and other administrators will develop a remote staff support contingency plan that takes into account the hierarchy of staff development needs and the right tools for a variety of situations.

Each certificate course is set up in five modules that can be completed at the pace of each participant. Educators should expect to complete each course in ten hours. Upon completion, each participating educator is provided with a certificate that will reflect 10 credits, which, if approved, can be submitted to district’s for continuing education units or professional development hours.

For group discounts or custom-designed courses, contact Dr. Josh Herron – jherron@andersonuniversity.edu.

To sign up for courses, go to <http://go.aucidl.com/remoteteaching>.

Library system set to begin reopening in June

The Anderson County Library System will begin reopening to the public with limited services in early June. This is part of the Library’s phased plan based on state and county guidelines for reopening during the COVID-19 pandemic and remains subject to change.

Library locations will be open to the public for limited hours to allow for thorough cleaning and proper staff social distancing to ensure the safety and well-being of the public as well as all Library staff. Patrons will be asked to follow certain guidelines when visiting the Library. Curbside pickup of library materials will continue for any patrons who request it.

WHEN VISITING THE LIBRARY

• The number of people allowed in each building will

be limited.

• Please limit your time and practice physical distancing when in the library. Signage, marked pathways, and markings to indicate proper spacing while waiting in line will be in place to assist with physical distancing.

• Please browse aisles one at a time.

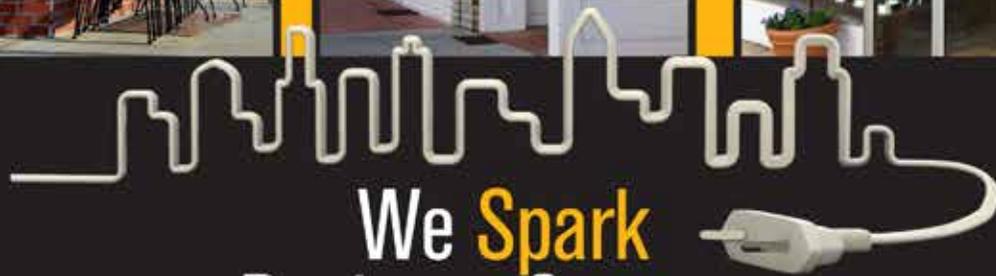
• Public computers will be spaced to allow patrons to sit six feet apart and will operate on reservations and time limits.

• All public meeting rooms and study rooms will remain closed until further notice.

• Staff will be able to provide very limited assistance while avoiding close contact.

• Library staff will wear face masks and patrons are strongly encouraged to do so as well.

• Patrons who are feeling unwell should stay home and take advantage of the Library’s digital collections.



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The magic of M&M's

One of the most iconic candies was copied by Forrest Mars when he saw soldiers eating British-made confections called Smarties.

He teamed up with Bruce Murrie, the son of Hershey's chocolate President who controlled the rationed chocolate at the time, and M&M's were born. And now our soldiers could carry chocolate for long periods without having it melt, thus the slogan, "Melts in your mouth not in your hand".



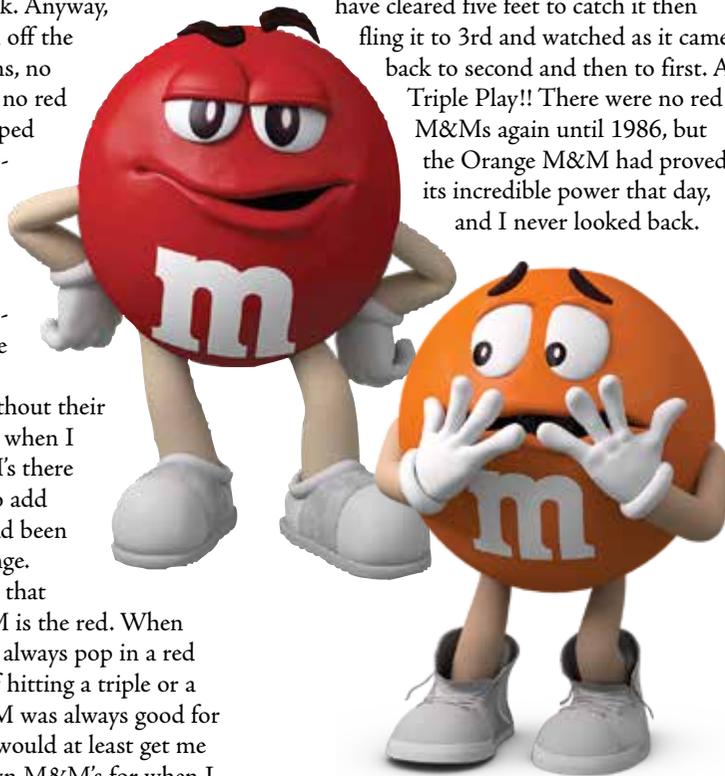
Neal Parnell

I didn't know it at the time, but in 1976 there was a ban on Red dye number 2. Something about a cancer-causing carcinogen that would turn you into a Teenage Mutant Ninja Turtle or some form of the Hulk. Anyway, everything red was taken off the shelves. No red jelly beans, no red maraschino cherries, no red licorice sticks. They stopped making cherry and strawberry soft drinks, no red Fruit Loops or Kool-Aid. Women even stopped wearing lipstick, rouge, and make-up. Some refused to leave their houses for fear of someone seeing them without their face. All I knew was that when I opened my bag of M&M's there were no red ones. And to add fuel to my fire the red had been replaced by an ugly Orange.

Now everyone knows that the most powerful M&M is the red. When it was my turn at bat, I'd always pop in a red M&M and be assured of hitting a triple or a home run. A green M&M was always good for a double and the yellow would at least get me on base. I saved the brown M&M's for when I

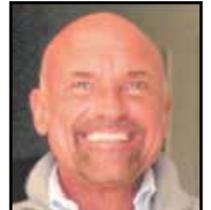
needed to steal a base, but I refused to even try this new powerless looking Orange. My batting average sank to a new low, no more triples or home runs. Even my M&M back up colors were losing their power without a red M&M in the bag. I played shortstop and no baseball ever got by me and my decade-old Rawlings glove on my left hand. A hot grounder was hit to me and shot right between my legs into the outfield. Next, a steaming white sphere was shot four feet over my head and was missed by just an inch. What the heck was happening? Not only had my batting taken a dive, now I couldn't even catch a cold. That little wrinkled brown bag in my pocket contained four orange M&M's. I looked at them with disgust and popped all four into my mouth. Man on first and second, another hard-hit grounder took an ugly hop and was headed over my head. I must

have cleared five feet to catch it then fling it to 3rd and watched as it came back to second and then to first. A Triple Play!! There were no red M&M's again until 1986, but the Orange M&M had proved its incredible power that day, and I never looked back.



LOVE YOUR HOME

The Electric City News was so very fortunate to have Bill Ducworth on our staff for almost 10 years. Bill's encyclopedic knowledge of everything from fabrics to art to table settings to arrangements made from backyard sticks to German potato salad to Aunt Ruth's silver platter was exceptional and enlightening, entertaining and humorous and of course honest. So in honor of our dear friend, we have decided to revive Bill's articles from years past. We hope you enjoy them, again, as much as we have.



Bill Ducworth

What in the world is a living room? That has to be the most misunderstood description for a room. Most people don't live in a living room. I encounter the dreaded living room in most every job I do. It has to be the biggest waste of square footage in the house. It's filled with the most expensive furniture, the best pictures, the most precious objects and almost never used. It's the room you walk by, admire and then move to a more comfortable room in the house. It isn't the living room at all. The living room should be lived in. Now let's be honest, the trend now is to live in one great big space where everything happens together. That is certainly the most practical, but we still revere our formal rooms in the South. So here are some tips to help you live in your living room.

The first and most important thing is to have a party and let your guests sit in your room. Let them arrange your furniture so they can converse and laugh and

talk about how silly and formal your room is. This will fix any questions you have about the layout.

The second thing is to have at least one comfortable chair for your guest. You can sit on that uncomfortable sofa of your grandmother's.

I'm certainly the designer that loves things belonging to the past, but comfort really is the ultimate luxury. Let the chairs turn and cuddle to the sofa. Make groupings that make sense with the fireplace or God forbid, the TV...but that shouldn't be in there anyway.

Think less about symmetry and more about comfort....always. Conversation is the purpose for guests hopefully, so make it easy for them! Think of the room as being just as wonderful working on your laptop or filled with friends enjoying your living room. That's what I call lived in.

Love your home.... and your living room.

The history behind your favorite designers

We all love to wear designer clothing and labels, but do you know the history of your favorite designers? Or how they got their start and why they did or do what they do?

I recently started researching Louis Vuitton the other day for example. He came from a farmer type working class family in Anchay France. His mother made hats. His parents died when he was a young teen, so he eventually traveled to Paris to live. He had many different odd jobs and

finally started working under a gentleman that made trunks.



Kristine March

Louis became extremely good at crafting them. He became so good and well known that he began making luggage for an empress who happened to be Napoleon's wife. He became her professional packer and would put

all of her exquisite gowns in these gorgeous trunks that he made. The company now in 2020 is well worth over ninety billion dollars. Definitely a from rags to riches story.

Guccio Gucci worked in a luxury hotel as the elevator lift boy in Florence Italy. He loved seeing the first class travelers arrive with their beautiful luggage and hand bags. In 1921 he opened up his own leather and goods shop. His sons eventually took over and brought the label to Manhattan

and the rest is history.

Coco Chanel was raised by nuns that taught her to sew and make clothing as a young girl. She later left the nuns. As a grown woman, she became a french night club singer. She grew tired of it and opened up her on boutique in Paris in the 1920's, selling her hand made designs and her own perfumes. She became one of the first female designers that liberated women in a more sporty chic fashion. She got rid of the tight corset look which later led to flapper girls and women

actually began to wear pants and were less constricted. Way to go Coco!

How fascinating are these stories? Many have worn these gorgeous threads and have absolutely no idea the hard work and perseverance and craftsmanship that went into making them. It's very important to learn and appreciate the history in these lovely labels as well. Who are some of your favorite designers? Remember to make the sidewalk your runway and kindness matters.

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Quarantine quandaries

It's good to be back writing after finding my place in this world over the past couple of months. The world has changed. Things are so different now. I'm in a good place as I hope you are too. I've looked at this entire situation as a gift. We've been given the gift of time. The whole world has come to a screeching halt. For me that meant more time to visit with my parents. (while practicing social distancing of course)



Justin Tyme

More time to work on those projects at home. My house has never been so clean and organized. More time to call someone you haven't spoken to in a while. Nothing but time. And for that I'm grateful.

Other people aren't as fortunate. This has become a financial burden, and we've lost the ability to see shows, especially sporting games and concerts. Most celebrities have a personality that requires instant gratification. The way they feel in front of 10,000 fans is why they do what they do. Their lives have also come to a grinding stop. It's no wonder some of them seem to have in the words of Dr. Demento, "flipped their lid"

If there was ever any doubt that Madonna had lost it, quarantine seemed to push her over the edge. Last week she posted an Instagram video at 3am where she was singing about how she wanted to eat some pasta but all she had to cook was fried fish. John Legend and his wife post drunken cooking demonstrations on the regular and its worth a watch. Singer M.I.A. thinks that a COVID vaccine is really just an excuse for the worlds governments to place microchips inside our bodies. Ummmm. okay. Weirdo. Miley Cyrus has an Instagram talk show that shows the world just how incredibly unstable she really is. But its very funny to watch. But perhaps my favorite star of this crisis is Ariana Grande,

who recently shed her signature pony tail during quarantine. The princess of pop has been encouraging fans to stay home, wear a mask, and use social distancing through what I will call gentle bullying. Ariana has also been giving money to her fans who have been laid off, and has even been referred to as the "Queen of this pandemic".

Please stay safe and listen to my radio show on the weekends.

Justin Tyme can be heard on HOT 98.1 Saturdays and Sundays at 3 p.m.

Social media? Sociopathic media? It's up to you.

Recently, I was having a conversation with my friend Jeremy on Facebook about Facebook. (That's pretty meta, youngsters. You probably didn't think I knew how to use that term.) We were talking about a meme he had read somewhere on, you guessed it, Facebook:

Person 1: I prefer oranges to mangoes.

Person 2: So basically, what you're saying is that you hate oranges. You also failed to mention pineapples, bananas, and grapefruits. Educate yourself.

That's a pretty good representation of Facebook these days. Unfortunately, Twitter is even worse. My response to Jeremy is that the same conversation in a series of tweets would have gone like this:

Person 1: I prefer oranges to mangoes.

Person 2: That's a \$%#& opinion, you &%@% Communist \$%#\$. Educate yourself!

It seems that's what we've come to lately. Everyone is under so much stress, and sometimes, the urge to vent that stress is overwhelming, especially with the anonymity of the internet. There are some days that I find social media so toxic that I have to take a break and search for old episodes of "The Andy Griffith Show" on cable, especially the ones that feature the Darling Family and their bluegrass band.

And then, there are days like the one I had last week.

For the past 28 years, my family has made an annual pilgrimage to the Isle of Palms with my sister's family. It's the best chance we have all year to catch up with each other, especially for my daughter and her cousins, who are about the same age. Changing restrictions on

IOP were putting our trip in jeopardy, so we pulled the plug and rented separate, socially distant houses on Hilton Head Island, where we could get together on the beach and then

for dinner on one rental's deck or the other.

The plan was going great until the night that my husband woke up after midnight, writhing in pain. ("Writhing" is word normally reserved for melodramatic, grocery-store novels, but in this case, it is accurate.)



Kim von Keller

He had felt a twinge in his back a couple of days prior while weeding the garden, and suddenly, it had exploded to his entire torso. The next several minutes were spent throwing on shorts and t-shirts, googling the location of a hospital on Hilton Head, and trying to leave the house without waking and worrying our daughter.

When we arrived at the Hilton Head Regional Hospital Emergency Room, there was a huge white tent set up outside for COVID testing, lit up with massive spotlights that created an eerie, sci-fi image. Outside the doors to the ER, there were two masked nurses at a makeshift admitting table. I got out of the car, explained my husband's problem plus the fact that he had no fever or respiratory issues, and they took him inside, asking me to wait in my car in the parking lot. Virus protocols no longer allow anyone accompanying a patient to enter the building.

I have felt lonely in my life, but never as lonely as sitting in a harshly lit, virtually empty parking lot, wondering if my husband had more than a bad back.

There's not a lot you can do at 1:30 a.m. to quell your fears, so I did a little Internet surfing before landing on Facebook. I have never been so glad to "see" people in my life. Debi had posted tips on how to choose a watermelon. Debi had posted a recipe for a French stew. The aforementioned Jeremy had posted a meme about "The Princess Bride." Linda had posted a picture of deviled eggs filled with Spaghettios. Susan had posted of a picture of a cat dressed like a nun. Howard had posted a gif of a hamster. No one was arguing about fruit or masks or politics or anything. Before I could start worrying again, one of the nurses was tapping on my window and telling me that Ted had a bad back strain but would be ready to go home soon. I had spent 90 minutes getting by with a little help from my (Facebook) friends.

So don't give up on social media just yet. Post your pictures of baking fails, college graduates, and amusing pets. What were your results when you took the quiz that asked, "Which Harry Potter Character Should I Marry?" As long as you don't turn it into sociopathic media, social media can definitely help to maintain human connection, especially in the era of the 6-Foot Rule. And when you see a Darling Family episode on the cable schedule, let me know!

What are your experiences with social media? Tell me about them at editkim50@gmail.com.

MUSINGS OF AN OLE BALL COACH

AVOIDING MAYHEM ON MAIN

"Discretion is the better part of Valor." This tidbit of information was offered by Falstaff in Shakespeare's King Henry IV. We can't give the bard of Avon full credit, however, for we have heard similar advice rendered before, most notably in this homily, "he who runs away, leaves to fight another day." Some general is also credited with, when accused of cowardice after retreating, aptly said, "That was no retreat, I was advancing to the rear."



Jim Fraser

Whether from Falstaff or the general that advice stood me in good stead on a fine spring morning around the year 1986. I was cruising north on South Main, about where Sullivan's is located. Main was then two lanes. My long time buddy, Donnie Nix pulled up alongside me, we rolled our windows down and started a conversation. We were driving about 12 in a 15 mph zone, under the lights at the square totally

immersed in conversation. Suddenly adjacent to Phil Jewelers some guy began to blow his horn. I perused him in my rear view mirror, thinking I knew him. "You know that guy, I asked Nix?"

"No," he said, "but he's cussing one of us out as he sped away."

As he pulled along side me it was obvious he was no friend, and indeed he was launching some venom dripping epithets I had never heard before. He called me every thing but a gentleman. He questioned my manhood, my parentage and the neanderthals that had issued me a driver's license. It was no secret that this guy's classic case of road rage needed to be addressed, that my driving 12 mph on our lovely Main Street did not equate to my being little better than an ax murderer.

"Pull over you barbarian, I screamed, You'll rue the day you accosted me", or something like that. He jolted to a stop in a vacant space near where the present day Figs is now located. I stopped about two car lengths behind as I prepared to exit my unit, I noticed I was parked behind one of the most massive big tire trucks

ever made. Upon further scrutiny I saw chain saws, boat paddles, gas cans and a huge logging chain. "Hey this guy is a serious outdoors man," I observed. I saw a gun rack complete with two awesome appearing weapons. I could see my quarry glaring menacingly at me through his huge rearview mirror. I began to have second thoughts about discussing the prospect of improving on his road rage. A feeling of trepidation occurred when I saw a trailer hitch large enough to pull the Yorktown. The deal was sealed when I saw he had a Georgia license plate. It would have been madness for me to approach a Georgie "cracker" sitting in an armored pick up truck.

I did what any good general would have done, advance to the rear, there to reconnoiter, strategize and live to fight another day. Happy musings.

Jim Fraser was the athletic director and head football coach at T.L. Hanna High School from 1968-1985. He was also a full time member of the faculty who taught U.S. History.



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NIBBLE & SIP

A DAY AT THE RACES

There's a lot that Americans are missing right now: crowded restaurants, theater movies, hands that aren't dry and cracked from diligent washing. One of the biggest things that



Kim von Keller

we're missing, though, is sports. If it weren't for the documentary "The Last Dance," the only sports content we'd have this spring would be rebroadcasts of baseball games from the '80s.

Luckily for sports fans, the Triple Crown of horseracing will go off this year... with some twists. Traditionally the first race of the three events, the Kentucky Derby is now the second race, scheduled for September 5th. The Preakness, usually number two, will now be the last, scheduled for October 3. And the Belmont Stakes, usually the last, will now be the kickoff event on June 6th.

Unless you are a die-hard horseracing fan, this poses problems for Southerners. We get the Kentucky Derby, with its mint juleps, Hot Brown sandwiches, and oversized hats.

But how do we celebrate the Belmont Stakes, which takes place in Elmont, New York?

I've got a plan for that.

First, the atmosphere. The theme song of the Belmont Stakes is "New York, New York" by Frank Sinatra. But if that's too old-school for you, move forward in time with "New York State of Mind" by Bill Joel, "Empire State of Mind" by Jay-Z with Alicia Keys, or my favorite, "New York Morning" by Lang Lang and Jason Isbell. Trick out a hat to make it racing fashionable, or turn that old demin jacket into a racing silk.

Next, the food. The race takes place in New York, so take the easy path

and set up a bagel bar. Use miniature bagels so that your guests can have more than one. Be sure to have a toaster or toaster oven nearby so that your guests can toast their own.

Finally, the cocktail. The Kentucky Derby has its julep, but the official cocktail of the Belmont Stakes is the Belmont Jewel. It's a combination of bourbon, lemonade, and pomegranate juice, and it's a perfect spring beverage to kick off a day at the races.



Bagel Bar

Miniature bagels in assorted flavors, such as plain, everything, cinnamon-raisin, and blueberry;

Cream cheese in assorted flavors, such as plain, chive, vegetable, honey walnut, and strawberry;

Butter, peanut butter, assorted jams, or pimento cheese;

Smoked salmon slices, diced boiled eggs, diced red onion, diced tomatoes, capers, lemon wedges

Slice bagels and arrange on a platter next to a toaster or toaster oven. Arrange toppings



on platters and bowls, and let guests create their own bagel appetizers.

Belmont Jewel

1 ½ oz. bourbon

2 oz. lemonade

1 oz. pomegranate juice

Combine all ingredients in a shaker filled with ice and shake vigorously. Strain into a rocks glass filled with fresh ice, and serve. Serves 1.

PENDLETON BULLDOGS

PHS grad Johnson ready to return to action for USC

BY BRU NIMMONS

PENDLETON — With the SEC giving the go-ahead for football players to return to campus on June 8, one of Pendleton High School's most celebrated alumni will return to Columbia for his redshirt junior season with the South Carolina Gamecocks.

Brad Johnson, a 2017 PHS graduate, is entering his fourth season with the Gamecocks after an illustrious career with the Bulldogs and is expected to see a big increase in playing time this fall.

Johnson was an exemplary athlete for Pendleton, playing running back and defensive end for the Bulldogs.

A Shrine Bowl selection and four-star recruit, Johnson's college choices came down to South Carolina and Virginia Tech before he ultimately chose to stay in the Palmetto State with the Gamecocks on signing day.

Joining a rebuilding South Carolina program under second-year head coach Will Muschamp, Johnson hit

the ground running on defense for the Gamecocks, appearing in 11 games as a true freshman.

He managed to pick up five tackles over the course of the season, including his first career sack against Wofford, as the Gamecocks went 9-4.

Coming off a successful freshman campaign, Johnson built on his success in his second season in Columbia.

Playing in all 13 games, Johnson made the most of his time on the field, picking up 24 tackles and 2.5 sacks. He was especially impressive late

in the year, getting his first two career starts against Clemson and Akron. He wreaked havoc against the Zips, logging four tackles, 1.5 sacks, a forced fumble and two hurries.

With expectations high entering his junior year, Johnson's season ended up being an injury-plagued disappointment. Johnson played the first two games of the season before a groin issue caused him to miss all but two games the rest of the year.

However, Johnson was able to salvage the season with a redshirt due to

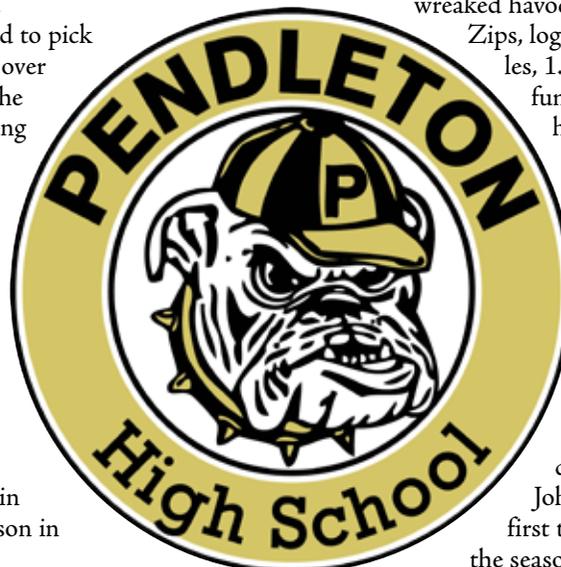


Photo courtesy gamecocksonline.com

a new NCAA rule allowing players to play four games and still redshirt.

Now entering his redshirt junior season, Johnson expects to be in the mix to start once again following the graduation of Daniel Fennell and D.J. Wonnun. Johnson will also look to hold off incoming top 10 recruit Jordan Burch, but with his breadth of experience and playing time over three years, Johnson should see plenty of playing time this season for the Gamecocks.

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